

CORRECTIONAL CADET**MEDICAL PHYSICAL REQUIREMENTS FOR APPOINTMENT****PAGE 2**

GRIP STRENGTH (KILOGRAMS)	25% RUSH APPLICANTS		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
21-29	55	97	62	107
30-39	56	97	62	107
40-49	55	94	61	104
50-59	51	87	56	97
60-69	48	79	52	88
FLEXIBILITY (INCHES)	25% RUSH APPLICANTS		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
21-29	11.0	9 3/4	13 1/4	12
30-39	10 1/2	9.0	13.0	11 1/4
40-49	9 3/4	7.0	12.0	9 3/4
50-59	9 3/4	6 1/4	11 3/4	9 3/4
60-69	9.0	5 3/4	11.0	8 2
UPPER AND LOWER BODY STRENGTH		(MEN AND WOMEN) - LIFT A WEIGHT OF 50 LBS. FROM THE FLOOR TO THE WAIST		

9. Have a hearing loss of no more than 25 decibels at 500, 1,000, 2,000, and 3,000 hertz in one ear and a single pure tone threshold of not worse than 25 decibels at 500, 1,000, 2,000, and 3,000 hertz. A hearing appliance is permitted during the test.
10. Have a pulmonary function test which indicates that the candidate is free of obstructive lung disease. (FEV-1 Greater than or equal to 70% of predicted value and FVC greater than or equal to 70% of predicted value.)
11. No evidence of anemia, abnormal liver or kidney disjunction or metabolic abnormality. No abnormalities other than trace of protein permitted.

PHYSICAL ABILITY STANDARDS

Entry into the Correctional Officer Training Academy (COTA) requires the ability to meet the 25% percentile physical ability standards. Graduation from COTA requires the ability to meet the 50% percentile physical fitness standards. Applicants should maintain a physical fitness conditioning program while in the selection process.